

Puffy Apple Pancake

Ingredients

- 2 Tbsp butter
- 2 Tbsp brown sugar
- $\frac{1}{2}$ tsp ground cinnamon
- 1 medium apple (Gala, Fuji), cored, peeled, sliced
- 2 large eggs
- $\frac{1}{2}$ cup milk
- $\frac{1}{2}$ cup all-purpose flour
- $\frac{1}{4}$ tsp salt

Directions

1. Preheat oven to 400°F. Melt butter in a 9-inch pie plate.
2. Remove from oven, brush butter on sides of the pie plate. Sprinkle brown sugar and cinnamon on the bottom of the pie plate. Arrange thinly sliced apples over sugar.
3. In a bowl, whisk together eggs and milk, slowly whisking in flour and salt. Pour over apples.
4. Bake for 30-35 minutes or until puffy and deep golden brown.
5. Remove from the oven and immediately loosen the edge of the pancake. Turn upside down onto a plate.

Handling & Storage

Apples should feel firm to the touch and be free of bruises.

Place apples in a plastic bag and refrigerate in the crisper for up to a month.

Do not peel or slice an apple until ready to use or it will begin to brown. Dip slices into lemon juice to slow down the browning process.

Nutritional Information

Calories: 149

Total Fat: 9.0 g

Saturated Fat: 4.8 g

Trans Fat: 0.0 g

Cholesterol: 111 mg

Sodium: 239 mg

Total Carbohydrates: 14 g

Dietary Fiber: 1.5 g

Sugars: 11.7 g

Protein: 4.4 g

Serves: 4